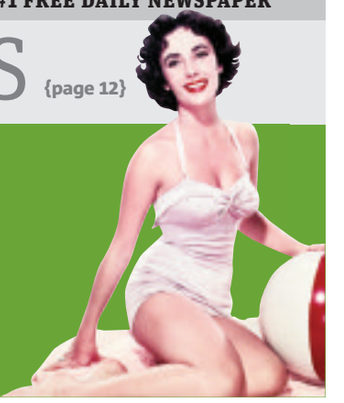
letters@metro.us

NYC'S #1 FREE DAILY NEWSPAPER

OLD IS THE NEW NEW IN SWIMSUITS {page 12}



metro®

Max 84°
Min 68°

NEW YORK
Wednesday, July 11, 2012

KEVIN C. DOWNS/METRO

Freebie. Drink

▶ 7-Eleven will offer flavors like watermelon lime, lemon cream, white cherry and pina colada.

Where NYers can get their Slurpee on

If it's July 11, it must be ... Free Slurpee Day! Today, franchise chain 7-Eleven turns 85 years old, and — like they've done every year since 2002 — the convenience store is giving away free Slurpees to celebrate. All 7-Eleven stores in New York have ordered extra barrels and stocked up on 1,000 extra cups to prepare for lines expected to stretch around the block today.

Your taxi fare is about to get more expensive

City's Taxi and Limousine Commission expected to approve 17 percent fare hike tomorrow Changes will go into place as early as September Meter increase sends cost of average ride up to $14, from $12 now Cab rides to airport pricier, too {page 04}

News

Amtrak vows 37-minute ride to Philadelphia

Say they can replace Acela with faster trains But plans require local funding {page 05}

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WIN TICKETS TO SEE **CHELSEA VS. SAINT-GERMAIN** IN THEIR FIRST-EVER SOCCER MATCH AT YANKEE STADIUM!

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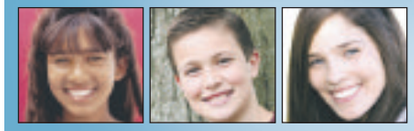
GET STARTED!! MODELING & ACTING



For First Time!! Girls & Boys
Starting At Age 6+

INTERVIEWS HELD ONE DAY ONLY
SUNDAY, JULY 15, 2012

SUMMER PROGRAMS AVAILABLE

Barbizon Modeling is looking for girls & boys to train for TV, Commercials, runway and print work. Barbizon graduates have worked with The Gap, Macy's, Toys 'R' Us, Pepsi, the Today Show, Hannah Montana, Jonas Bros. Show, ANTM, Broadway Shows and Films.
BY APPOINTMENT ONLY CALL: 212-239-1110

Interviews will be held at THE NEW YORKER HOTEL
8th AVE. AT 34th Street (Across from Penn Station) • Under 18 must be accompanied by your parent.
BARBIZON MODELING OF MANHATTAN Lic. by NYS Ed. Dept.

Ready to slurp it up

7-Eleven celebrates 85th birthday with free Slurpees for everyone
Stores expect lines around the block for free 7.11-ounce icy drinks

When it's 7-Eleven's birthday, it's everyone's birthday.

All 7-Eleven locations in the city invite New Yorkers to celebrate the franchise's 85th birthday today with free 7.11-ounce Slurpees from 11 a.m. to 7 p.m.

Since 2002, the convenience store chain has celebrated its birthday by giving out free Slurpees. Nationwide, an estimated 7 million Slurpees will be given away today, according to 7-Eleven's website.

So how do the convenient stores prepare for the long lines and anxious customers?

Each store orders three additional Slurpee barrels and at least 1,000 additional cups for the day, totaling 7 million cups nationwide, said Laura Gordon, vice president of brand innovation for 7-Eleven.

The franchise also adds extra employees in order to help with the expected influx of customers.

Employees at the 7-Eleven on Eighth Avenue in Midtown said they're gearing up for lines that will stretch around the block.

"We are changing it up this year, though, so that the staff makes the Slurpees and hands them to customers rather than customers making the Slurpees themselves," said Raj Gopal, manager of the 7-Eleven on Eighth Ave.

That 7-Eleven will serve nine flavors, including watermelon lime, Mountain Dew, sugar-free strawberry banana, lemon creme, white cherry, Dr. Pepper, Coca-Cola, raspberry and pina colada.

7-Eleven has 30 stores scheduled to open in the city this year, and plans to grow to 135 stores by 2017. While other city business owners may grumble that 7-Eleven is undercutting them, today may just hit New Yorkers' sweet spot. From a marketing and branding perspective, many companies benefit when they hand out giveaways, said one PR expert.

"Everyone likes free stuff," a public relations professional told Metro. "Those unfamiliar with the store or not interested in 7-Eleven may give it a shot because it's a free drink on a hot summer day. And once they are inside, they may see that 7-Eleven sells items they're actually interested in."

AMANDA BARKER
amanda.barker@metro.us

TIM SLOAN/AFP/GETTY IMAGES

▶ If you want to get a free one of these, you're going to have to get in line this morning.

Food for free

Hungry? Economy have you down? Here are free eats for those with good timing:

1. **July 13 is Cow Appreciation Day at Chick-fil-A.** Wear a partial cow costume and get a free entree.
2. **Rita's Ice gives away a free, regular-size Italian ice** to every guest to mark the first day of spring.
3. Also on July 13, from noon to 3 p.m., you'll be able to **get a free tall Starbucks Refreshers beverage.**
4. On National Ice Cream Day, July 15, **enjoy a free ice cream at Baskin-Robbins.**
5. On National Coffee Day, Sept. 29, Krispy Kreme and 7-Eleven **give out free cups of coffee.**

Where to get it

Here are eight 7-Eleven locations in Manhattan to help you in your search:

- 247 Third Avenue
- 535 Eighth Avenue
- 1453 Third Avenue
- 103 West 14th Street
- 171 Madison Avenue
- 395 Third Avenue
- 675 Amsterdam Avenue
- 1594 York Avenue

Here are a some locations in Brooklyn:

- 301 65th Street
- 520 Fifth Avenue
- 395 Flatbush Avenue

And if you are in Queens, Staten Island or the Bronx:

- 3001 30th Avenue (Queens)
- 5901 Roosevelt Ave. (Queens)
- 713 Lydig Avenue (The Bronx)
- 1845 Webster Ave. (The Bronx)
- 103 Lincoln Avenue (S.I.)

In the news

Attempts to recover LI boat resume today

Efforts to pull up the capsized boat that killed three children on July 4 are to resume today. The 34-foot boat is stuck 60 feet below Oyster Bay off Long Island since it sank over the holiday with 27 people on board. Three children were trapped inside. According to the New York Post, investigators want to retrieve the vessel so they can further investigate the cause of the tragedy. METRO/DB

In the news

Officer arrest

An off-duty NYPD officer was arrested for allegedly choking his wife yesterday, according to DNAinfo.com.

Kofi Nsafoah, 36, was arrested around 2:30 a.m. after a domestic dispute, said police. The status of the victim could not be confirmed. Nsafoah now faces charges of criminal obstruction of breathing. METRO/DB

West Nile detected in Staten Island mosquitoes

STATEN ISLAND. The Health Department reported yesterday that they detected mosquitoes carrying the West Nile virus on Staten Island.

The announcement is the first for the summer. Health Department officials said mosquitoes were collected from New Dorp Beach and Bulls Head.

City workers also are setting up traps and treating catch basins in those neighborhoods.

The Health Department stressed that no New Yorkers have been diagnosed with the West Nile virus.

West Nile can cause neurological diseases or a flu-like headache, according to the Health Department. METRO/AB

FLICKR CREATIVE COMMONS

▶ Mosquitoes tested positive for West Nile virus last fall in New York.

Court: Smoking damage ads to be taken down

NEW YORK. An appeals court ruled that the city cannot scare smokers with graphic images of malformed brains and lungs anymore.

The city had previously required the photos to be posted next to any cigarette display.

But the ruling issued at the Second U.S. Circuit Court of Appeals in Manhattan now allows only the federal government — and not the city — to decide how to warn people about smoking's consequences.

Phillip Morris USA, the largest tobacco company in America, was pleased with the decision, saying in a statement that regulating cigarette warnings is not a state or local power. METRO/DB

ADVERTISEMENT

After helping countless knee pain sufferers eliminate their pain, a local doctor warns,

If you or a loved one are scheduled for knee surgery,

READ THIS ARTICLE BEFORE IT'S TOO LATE!

According to the American Academy of Orthopaedic Surgeons (AAOS), there are about 270,000 knee replacement operations performed each year in the United States. This image depicts the procedure.

Want to avoid knee surgery?

Our program could be the solution you are looking for.

Do your knees hurt when going up or down the stairs?

Do you frequently take medication for knee pain?

Have you tried physical therapy?

Do the activities you enjoy cause pain in your knees?

Have you had cortisone or other injections to the knee that have not worked?

Do your knees make you feel older than you really are?

Are you afraid that your knee pain is only going to get worse?

If you answered YES to any of these questions, keep reading...

[1] Reference - Epidural steroid injections procedures. Medscape reference retreived July 26th 2011. [2] Results may vary. Prior results cannot guarantee future outcomes. Copyright © 2012 NY Wellness Solutions, Inc.

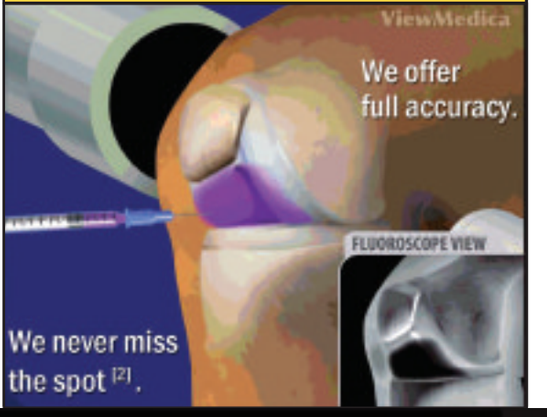
Why do knee injections often fail?

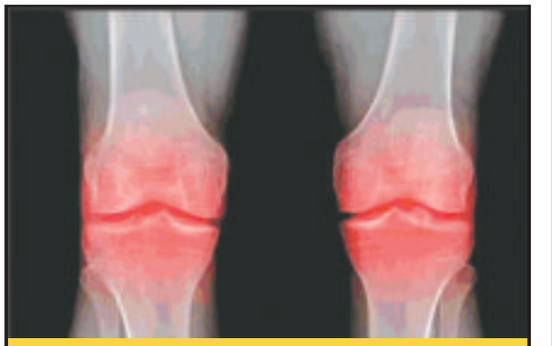
What's different about our procedure?

Most doctors today do one of three things:
1) They perform "blind injections" (an injection done without imaging guidance). 2) They use antiquated equipment from as far back as 2001, even in some of the largest hospitals in New York. 3) They use Cortisone, which can have side effects.

Precision is the difference.

FACT: 30-40% of blind injections result in needle misplacement. [1]With this much inaccuracy, **it's no wonder most people never find relief.**





Our solution...
Our office uses Hyalgan®

What exactly is injected into the knee?

Hyaluronic acid (Hyalgan®) is a natural substance extracted from rooster combs and purified to mimic the lubricating substances that occur naturally in the joint, called synovial fluid. In patients with osteoarthritis, synovial fluid "dries up", allowing the cartilage of the joint to rub against itself and other surfaces. This causes pain, inflammation, and usually damage to the joint. Think of this treatment like oiling a rigid, squeaky door hinge.

When will I feel results?
Most feel an immediate reduction in pain and can return to normal activities in weeks.

Will my insurance cover this treatment?

Yes, most PPO insurances will cover this treatment*. We work with:

CIGNA PPO · BlueCross BlueShield PPO · UnitedHealthcare PPO · Aetna PPO

Affordable payment plans available to fit all budgets.
Call our office for free insurance benefits verification.

Unfortunately, we do not participate with Medicaid, Workers Comp, no-fault insurance, GHI, Emblem PPO, HIP, EPO or HMO plans.

* Coinsurance and deductible apply.

212-679-6490

To view videos about out procedures visit:
General1Medical.com

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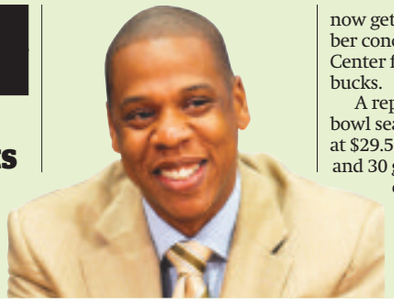
130 William St., Ste. 903, btw Fulton & John St. - NYC 10038

News in brief

Jay-Z offering cheap concerts at Barclays this fall



BROOKLYN. Lucky fans will now get to see Jay-Z's September concerts at the Barclays Center for a meager thirty bucks.

A reported 7,000 upper bowl seat tickets are available at $29.50 for the Sept. 28, 29 and 30 gigs. Better seats can cost from $59.50 to $254.50 to see the Brooklyn-born rapper and co-owner of the Nets, the team that will call Barclays home.

"He has a lot of pride being from Brooklyn, so he's probably trying to give back to the community," a fan told the New York Daily News of Jay-Z's decision to sell the cheap seats.

The cheaper bowl seats make up almost half of the arena, according to the paper. All tickets go on sale Friday.

METRO/DB

It's like getting FREE windows for a year![1]

No Money Down, No Payments, No Interest and call before August 5th to SAVE 20% on your order[1]

SELL

During our **FREE in-home Window Diagnosis**, our Project Manager will identify the windows most beneficial to replace. And because **our windows are not available in stores or from contractors,** we'll bring one to you to demonstrate its benefits. **And we'll provide a price quote that's good for a year.**

BUILD

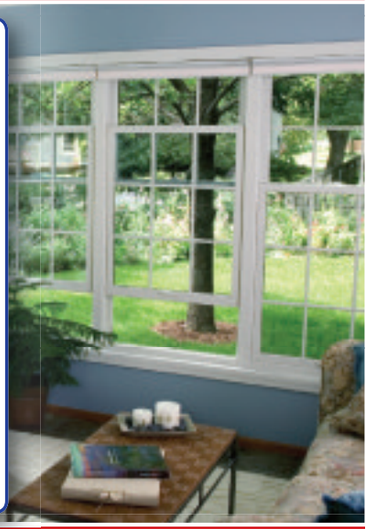
Using our patented Fibrex® material, we will **custom build your windows** to your home's exact measurements. Fibrex has **twice the strength** of vinyl and requires none of the maintenance that wood demands. When you choose a stronger material, you'll only replace your windows once.

INSTALL

Even before wiping their feet outside your front door, our **Master Installers have had over 10 years of experience.** They are so trained and skilled, most installations—including the clean up—are **completed in just one day.**

WARRANTY

Renewal by Andersen is the company **that takes responsibility for the entire process,** including warranting the windows and installation. And backed by Andersen's 109 history, **we're not going anywhere.**



$0 MONEY DOWN | 0 PAYMENTS | 0% INTEREST

FOR 1 WHOLE YEAR[1]

Call before August 5th to SAVE 20% on windows and installation[1] with our Instant Product Rewards Plan

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[1]Restrictions and conditions apply; see your local representative for details. Cannot be combined with prior purchases, other offers, or coupons. No adjustments to previous orders. Offer not available in all areas, 20% discount applied by retailer representative at time of contract execution and applies to minimum purchase of 4 or more windows. Offer does not include bay/bow windows or patio doors. As part of the Instant Product Rewards Plan, all homeowners must be present and must purchase during the initial visit to qualify. To qualify for 20% discount offer, initial contact for a free Window Diagnosis must be made and documented on or before 8/5/12, with the appointment then occurring no more than 10 days after the initial contact. 0% APR for 12 months available to well qualified buyers on approved credit by only. Not all customers may qualify. Higher rates apply for customer with lower credit ratings. Financing not valid with other offers or prior purchases. No Finance Charges will be assessed if promo balance is paid in full in 12 months. Renewal by Andersen retailers are independently owned and operated retailers, and are neither brokers nor lenders. Any finance terms advertised are estimates only and all financing is provided by third-party lenders unaffiliated with Renewal by Andersen retailers, under terms and conditions arranged directly between the customer and such lender, all subject to credit requirements. Renewal by Andersen retailers do not assist with, counsel or negotiate financing, other than providing customers an introduction to lenders interested in financing. NJ Consumer Affairs License #: 13HV01541700. NYC Consumer Affairs License#: 1244514. Nassau Consumer Affairs License #: H081015000. Suffolk Consumer Affairs License #:43991-H. NYC 1307704. Renewal by Andersen of Central/Northern NJ and Long Island are independently owned and operated affiliates operating in the NJ/NY metropolitan area. "Renewal by Andersen" and all other marks where denoted are marks of Andersen Corporation. ©2012 Andersen Corporation. All rights reserved. ©2012 Lead Surge, LLC. All rights reserved.

Taxi fare hike looms by end of summer

METRO FILE PHOTO

▶ The subway is looking better all the time.

The city's Taxi and Limousine Commission is expected to approve tomorrow what will be the first taxi fare hike in six years.

Taxi drivers at a public hearing on Monday were mostly in support of the agency's proposed increase of 17 percent.

Currently, all cabs have an initial rate of $3.00, with 40 cents for each additional half-mile or 60 seconds of being either stopped or moving in slow traffic.

The new increase would only apply to the per-mile charge, raising it to 50 cents.

The average trip, costing about $12.25 now, would rise to $14.00, said Allan Fromberg, a spokesman for the TLC.

Trips between Manhattan and JFK would also rise from a flat rate of $45 to $52, plus tolls.

The nine-member board is set to vote at 10 a.m. tomorrow; the proposal needs five "yes" votes to pass.

The increase would go into effect as early as September.

The TLC said about six cents from each trip would also go to a new health care and disability benefit fund for drivers.

"This raise is deservedly so," said veteran driver Berford Simmons. "We are a hard-working people; we help everyone move around the city."

The TLC estimated that taxi drivers make $130 in a 12-hour shift, an amount that is 24 percent less than they made in 2006, when accounting for inflation.

Several drivers shouted at Monday's hearing that they actually make less and wanted to see a fare increase even higher than 17 percent.

"[Taxi driving] is becoming an increasingly harder and more stressful job," another driver told the TLC at the hearing. "Cab drivers are suffering."

Several drivers added that they would have also liked to see a surcharge for the morning rush hour and late nights.

DANIELA BERNAL
daniela.bernal@metro.us

NYC cab fare not the priciest

Even with the fare hike, New York's cab rates would still be lower than Los Angeles, London and Tokyo, per the TLC. How does it compare?

- **Washington, D.C.:** Between $5 and $10
- **New York currently:** Slightly more than $12
- **New York (after fare hike):** About $14
- **San Francisco:** $14
- **London:** More than $15
- **Tokyo:** More than $20

Amtrak plan envisions 37-minute ride to Philly

Railroad announces $151 billion capital plan that calls to replace Acela trains with faster ones But plan won't happen until 2040 and will require state and local funding

Amtrak announced a $151 billion improvement plan on Monday that includes 37-minute trips from New York to Philadelphia at speeds approaching 220 miles per hour.

However, the U.S. passenger railroad will need substantial financial support from both state and federal governments to make its ambitious plan to transform rail travel in the Northeast a reality.

The railroad predicted that superfast train trips along the East Coast could be a reality by 2040. Travel times from New York to either Washington or Boston — both about 200 miles in distance — would also be slashed to 94 minutes, the report said.

Current travel times from New York to Philadelphia on Amtrak's sleek Acela trains are 1 hour, 15 minutes. Travel between New York and Washington currently takes 2 hours, 45 minutes and New York to Boston takes 3 hours, 41 minutes, according to Amtrak's website.

The traditionally cash-starved railroad is funded by Congress, where Republicans have been reluctant to finance prior plans to develop high-speed rail in the United States.

Amtrak spokesman Steve Kulm acknowledged a lack of federal support but said there were other funding options.

"You have to have a plan, and if you have a plan the money will follow," Kulm said.

Starting sometime in the 2020s, the hyperspeedy "NextGen" trains will replace Acela trains, which were first introduced in 2000, Kulm said. REUTERS

▶ Amtrak also wants to replace its Acela trains with "NextGen" trains sometime in the 2020s.

Calls for train links to airports

The newest Amtrak improvement plan also calls for direct links to airports and listed Newark, Philadelphia, Baltimore and White Plains, New York, as possible candidates for Amtrak service.

Amtrak also said it is essential to the entire Northeast Corridor to build new tunnels connecting New York to New Jersey under the Hudson River.

New Jersey Governor Chris Christie scuttled a similar plan in 2010.

But the newer plan would benefit both New Jersey Transit and Amtrak and would use a remodeled Penn Station, said Kulm.

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The **Strong Fathers, Stronger Families** program can help you or someone you know:

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- Build Healthier Relationships with your Child and Significant Other

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STRIVE (East Harlem): 240 East 123rd Street, 3rd Floor 212.360.1100, Ext. 1811
Northern Manhattan Improvement Corp (Washington Heights): 76 Wadsworth Avenue 212.822.8349

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A Responsible Fatherhood Program

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"These services are available to all eligible persons, regardless of race, gender, age, disability, or religion."
"Funding for this project was provided by the United States Department of Health and Human Services, Administration for Children and Families, Grant: 90FK0040-01-00."
"Any opinions, findings, and conclusions or recommendations expressed in this material are those of the author(s) and do not necessarily reflect the views of the United States Department of Health and Human Services, Administration for Children and Families."

Teen nearly killed walking through McCarren Park

A 16-year-old attacked with brick, knives at Driggs and Union avenues Prosecutors: It was gang assault

KEVIN C. DOWNS/METRO

▶ The stabbing occurred here, near McCarren Park pool, which has been the location of past crimes.

A teenager was nearly stabbed to death Friday night in a vicious assault while walking home through McCarren Park on the Williamsburg-Greenpoint border.

Brooklyn prosecutors told Metro yesterday they charged two people with attempted murder and gang assault. Officials said they followed two brothers on their way home through the park, slashing the younger one, 16, repeatedly with a gravity knife.

A Brooklyn district attorney's office spokesman told Metro that at around 9:20 p.m. Friday, two brothers were walking near Driggs and Union avenues.

Argenis Zarzuela, 18, Seth Martinez, 16, and an unnamed minor, approached the two and said something to them about it being gang territory, according to the D.A.'s office.

The two brothers kept walking, but the three allegedly hit the younger brother in the face with a brick, then threw him to the ground and repeatedly punched and kicked him in his face, head and body.

They also repeatedly slashed him in the neck and back, according to the D.A.'s office.

Zarzuela and Martinez were charged with attempted murder, gang assault, criminal possession of a weapon and menacing, according to the D.A.

Geoffrey Croft, of parks advocacy group NYC Park Advocates and who first reported the crime, said more officers should be stationed around the popular park.

ALISON BOWEN
alison.bowen@metro.us

Pool plagued by problems

KEVIN C. DOWNS/METRO

▶ McCarren pool

The incident does not appear to be connected to the problem-plagued McCarren pool, which reopened this summer after a 28-year shutdown.

But the alleged stabbing did happen about a block away. The pool has been the setting of several assaults since opening in June, including an attack on a lifeguard.

Metro reported Monday that security at the pool includes pat downs, weapon checks and searches of both bags and bathing suits.

METRO/AB

Pool punch-ups

- **Monday, July 2:** Four lockers are reportedly broken into, and a woman's purse was also stolen that had $90 cash tucked inside.
- **Monday, July 2:** Hours after the lockers were robbed, three guests were arrested after allegedly punching one police officer in the face and injuring another's wrist when the cops tried to enforce the pool's rules against back flips.

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URGENT! GOLD IS SOARING TO RECORD HIGHS! GOLD IS CURRENTLY AT OVER $1400 per oz. WITH THE CURRENT RISE IN GOLD & SILVER PRICES, WE ARE PAYING SOME OF THE HIGHEST PRICES AROUND!

BUYING 2 DAYS ONLY!

FOR IMMEDIATE CASH

95 out of 100 times WE BEAT OUR COMPETITION Come to us and we will prove it!

2 DAYS ONLY!

TODAY WEDNESDAY, JULY 11th & TOMORROW THURSDAY, JULY 12th!

Starts today at these 2 convenient locations: The Marriott Marquis and the Marriott Brooklyn Bridge.

Jewelry, Gold & Silver Bars, Watches, Coins, Precious Metals, Sterling Silver and Diamonds!

WHY NOW IS A GOOD TIME TO SELL!

The economic downturn of the last few years has caused the price of gold, silver and many commodities to their highest levels in over 30 years. This is the best time in decades to sell your unused gold, silver, platinum and diamond jewelry at the highest prices ever.

BUYING DIAMONDS

Instant Cash For:

1/2 Carats	Up To	$1,500
1 Carats	Up To	$4,250
2 Carats	Up To	$15,250
3 Carats	Up To	$20,000
4 Carats	Up To	$35,000
5 Carats	Up To	$43,000
6 Carats	Up To	$55,000

We Need Larger Diamonds! 2 Carats and Up!

We buy all shapes, sizes & styles of cuts. Also diamonds with or without GIA certificates as well as old miners and European cuts

Bring your items in for a FREE EVALUATION!

STERLING SILVER

All Time Periods, Kinds & Types

We will pay up to for the following:

Centerpieces	Up To	$3,500
Claret Jugs	Up To	$750
Full Flatware Set	Up To	$8,500
Punch Bowls & Sets	Up To	$5,000
Single Flatware Items	Up To	$750
Tea Sets	Up To	$5,000
Trophies	Up To	$5,000

We Buy Any Type of Sterling Silver!

We purchase sterling silver of all types and makers. Rare and unusual items command the highest prices.

ALL TYPES OF COINS WANTED

- *U.S. Silver Halves 1934 and Older
- *U.S. Silver Quarters 1932 and Older
- *U.S. Silver Dimes 1934 and Older
- *U.S. Half Dimes 1873 and Older
- *U.S. Nickels 1913 and Older

SILVER DOLLARS

1794 to 1803	Trade Dollars
1836 to 1839	1878 to 1904
1840 to 1873	1921 to 1935

Check your items to see if you own any of these valuable coins:

U.S. Silver Halves - 1870 CC	Up To	$3,000
U.S. Silver Quarters - 1901 S Quarters	Up To	$2,500
U.S. Silver Dimes - 18S5 S	Up To	$2,500
U.S. Half Dimes - 1802 Heraldic Eagle Reverse	Up To	$4 ,000

1964 or Prior.

BUYING GOLD

All Types Needed.
Pay up to for the following:

Class Rings	Up To	$500
Dental Gold Items	Up To	$500
Wedding Bands	Up To	$600
Mountings	Up To	$750
Bracelets & Bangles	Up To	$1,500
Chains & Necklaces	Up To	$2,500
Antique Items	Up To	$5,500
Coins & Bullion		Bring for quote
Scrap Gold		Bring for quote

We Buy Anything Made of Gold or Platinum, Even Broken or Damaged!

GOLD COINS

Wanted Rare Gold Coins!

United States

*$1.00	1849 to 1889	*$5.00	1795 to 1833	*$10.00	1795 to 1804
*$2.50	1796 to 1834	*$5.00	1834 to 1838	*$10.00	1839 to 1932
*$2.50	1840 to 1929	*$5.00	1839 to 1908	*$20.00	1850 to 1933
*$3.00	1854 to 1889	*$5.00	1908 to 1929		

Your Coins Could be Worth Up To Hundreds – Even Thousands!

Check your items to see if you own any of these valuable coins:

$1.00	1849C	Up To	$10,500
$2.50	1796 Capped Bust large left side	Up To	$18,000
$2.50	1841 Quarter Eagle Liberty Head	Up To	$5,000
$3.00	1854D	Up To	$10.500
$5.00	1795 Small Eagle	Up To	$52.000
$5.00	1838D	Up To	$10,500
$5.00	1842C Small Date, 1861D, 1864S	Up To	$6,500
$5.00	1909O, 1929	Up To	$6,500
$10.00	1793 13 Leaves Below Eagle, 1796 9 Leaves Below Eagle	Up To	$20,500
$10.00	18590, 1863S, 1875	Up To	$8,000
$20.00	1856O, 1 854O, 1860O, 1861S, 1870CC, 1886, 1891	Up To	$10,500

Satisfied Customer Testimonials

Really like it here! Everyone is very kind, great atmosphere. I have been back 4 times!
- C Pace

I have been here 2 times and both times the people that work here were very friendly. I would definitely recommend this to my friends!
- J. Grace

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Republicans looks to stop loans support for 'Solyndras'

Republican lawmakers unveiled legislation yesterday to end a program offering loan support for clean energy companies, keeping alive the issue of a massive loan to solar panel maker Solyndra, which subsequently filed for bankruptcy.

Solyndra received more than $500 million in government support and has become a political talking point for Republicans in the run-up to November's election and an embarrassment to the administration of President Barack Obama.

After more than a year of hearings and the release of hundreds of thousands of documents in their probe, Republicans on the House Energy and Commerce committee contend the Obama administration was driven by "politics and ideology" when it awarded a loan to Solyndra.

Draft legislation, co-authored by energy committee chairman Fred Upton and oversight subcommittee chairman Cliff Stearns, would block approval of any new loan requests from clean energy companies. It would also require written guidance from the Treasury Department before approval of any pending applications.

The administration has rejected claims that politics played any role in its decision to support Solyndra.

REUTERS

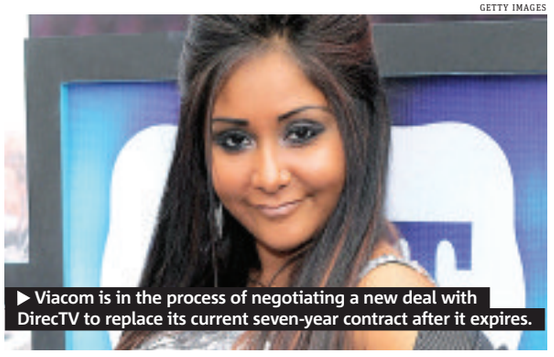
$34B

The loan program that funded Solyndra expired in 2011; the department still has $34 billion in another clean energy loan program that has so far backed three nuclear projects.

BILL CLARK/CQ ROLL CALL/GETTY IMAGES

▶ Rep. Cliff Stearns participates in the House Energy and Commerce Committee Communications and Technology Subcommittee hearing on oversight of the Federal Communications Commission yesterday.

GETTY IMAGES



▶ Viacom is in the process of negotiating a new deal with DirecTV to replace its current seven-year contract after it expires.

DirectTV blackout looms

DirecTV customers may not see SpongeBob, Snooki or Jon Stewart after midnight on Tuesday because of a heated impasse taking place between the largest U.S. satellite TV provider and Viacom Inc., the company behind the popular cartoon, reality series and political talk show.

In a blog post on Viacom's website, spokesman Mark Jafar wrote that despite Viacom's "best efforts," DirecTV rejected proposals to renew their contract. Nearly 20 million DirecTV customers will not have access to 26 Viacom channels, including MTV and Nickelodeon, if a new deal isn't struck.

The stand-off is the latest saga taking place between media companies and cable and satellite TV providers over the cost of content. These providers pay a fee to media companies that allows them to carry channels such as MTV. Programming is the single biggest cost for distributors and in recent years they have taken a hard line against what they view as unreasonable "carriage fee" increases by content companies like Viacom. **REUTERS**

News in brief

Bob Diamond accused of misleading UK lawmakers

LONDON. British lawmakers yesterday accused Barclays former chief executive, American Bob Diamond of misleading a parliamentary inquiry into an interest rate-fixing scandal that has forced him to resign and give up bonuses worth up to $30 million.

The affair became a major political issue in Britain this month, after authorities fined Barclays more than $450 million for its part in manipulating a crucial interbank interest rate. **REUTERS**

Google pays $22.5M to settle privacy charge

WASHINGTON. Google Inc. is close to settling charges that it bypassed the privacy settings of customers using Apple Inc.'s Safari browser, according to two sources familiar with the matter.

Google will pay $22.5 million to settle the matter, said one of the sources, who spoke privately to protect relationships. **REUTERS**

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Sitting three hours a day or more takes years off your life

Americans may add as many as two years to the nation's life expectancy if they would just stand up more often and watch fewer hours of television, a study found.

While studies have shown that too much time sitting and watching TV are bad for a person's health, today's research in the journal BMJ Open is the first to show how reducing sedentary behaviors may increase life expectancy in the U.S., now about 78 years, said Peter Katzmarzyk, the lead author.

"It's about the inactivity in your muscles," Katzmarzyk, a professor of epidemiology at Pennington Biomedical Research Center in Baton Rouge, Louisiana, said yesterday in a telephone interview. "When you're sitting your legs are completely inactive.

"It's not just about getting physical activity in your life. Just because you're doing 30 minutes of physical activity, what about the other 23.5 hours," he said. "Don't just sit the rest of the day."

GETTY IMAGES

▶ Sitting less might increase your life span by two years.

For those who work in an office setting, standing during meetings, walking over to a colleague's desk rather than sending an e-mail and getting up as often as possible are a few ways to keep the muscles in the body active, he said.

Quoted

"It's not just about getting physical activity in your life. Just because you're doing 30 minutes of physical activity, what about the other 23.5 hours? ... Don't just sit the rest of the day."

PETER KATZMARZYK, A PROFESSOR OF EPIDEMIOLOGY AT PENNINGTON BIOMEDICAL RESEARCH CENTER IN BATON ROUGE, LOUISIANA

Reducing sitting time to fewer than three hours a day may add two years to U.S. life expectancy and cutting TV viewing time to fewer than two hours a day may extend life by about 1.4 years, according to the study, which analyzed previous research. **BLOOMBERG**

Actor. Retires

▶ Peter O'Toole leads a mounted army in the desert in "Lawrence Of Arabia," which debuted in 1962.

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Actor Peter O'Toole calls it a day

Veteran British actor Peter O'Toole announced yesterday he is retiring from acting in films and stage. "It is time for me to chuck in the sponge. To retire from films and stage. The heart for it has gone out of me: It won't come back," O'Toole said in a statement released by publicist Bill Augustin. REUTERS

RIM boss vows company will bounce back

ONTARIO. Research In Motion Ltd.'s new CEO vowed yesterday to turn around the embattled company with the new generation of BlackBerry devices coming next year, saying he would transform RIM into a "lean, mean hunting machine."

But Thorsten Heins, presiding over his first annual meeting since taking the helm, offered little to disgruntled shareholders beyond his faith in the power of the BlackBerry fortunes.

After a year that wiped out nearly 80 percent of RIM's value, Heins acknowledged the frustration of shareholders with his decision to delay the launch of the new phones until after the crucial holiday shopping season.

RIM virtually invented mobile e-mail with its first BlackBerry devices more than a decade ago, but its market share has evaporated. **REUTERS**

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THE WORD

Metro's **Monica Weymouth** shares her take on the world of gossip @monicaatmetro monica.weymouth@metro.us

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

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@Joan_Rivers
Tom Cruise's divorce settlement is a lot like John Travolta's last massage – both of them cost a fortune for a happy ending.

Suvari

ALL PHOTOS GETTY IMAGES

Phelps got fat?

When in Olympic shape, 6'4" **Michael Phelps** clocks in at an impossibly fit 185 pounds. But after cleaning up at Beijing in 2008, he admits he let himself go a bit. "I wasn't motivated. I did nothing, literally nothing, for a long time. I gained 25 pounds," he says in the new issue of Details magazine. "A friend of mine and I were playing football on the beach in Miami, and somebody got a picture of us and put it all over the place. And he's like, 'Bro, you gotta start working out, man. You are fat.'"

Next time you don't feel like training for a year, Michael, meet our friend the spray tan. Works wonders and blends in perfectly with Fudgsicle drips.

Katie Holmes may need a reality check

After she reached a divorce settlement with **Tom Cruise** on Monday, we were all set to go back to ignoring **Katie Holmes** for the next decade or so. But then this little tidbit leaked: It seems she turned to none other than **Victoria Beckham** for marriage advice.

"Katie's seen how a normal marriage should function by being around Victoria and **David Beckham**, so she knew that something was wrong with her relationship," a source tells Now magazine. "[Victoria] has been trying not to take sides, but she has let Katie know she'll be there for her whatever she chooses to do."

Katie, we get that you've had an exceedingly strange, disconnected five years, but marriage counseling from a Spice Girl? Did you consult your Bratz legal panel, too? Join us back in the real world, girl!

▶ Holmes is having a hard time adjusting.

Enjoy the wait, Ronson

Samantha Ronson isn't amused at **Paris Hilton**'s new career as a DJ. "If you're just, like, 'Oh, I want to figure out how I can make more money this week,' it insults the people that work really hard at it," she tells TMZ. "It's like me calling myself a doctor from reading WebMD twice."

Sam, if you're here to play the "Paris Hilton insulted me" card, there's a line — and it's full of the poverty-stricken masses and angry, costumed ferrets.

Talking points

'Twilight' fan dies at Comic-Con

A 53-year-old woman was struck by a moving car outside the San Diego Convention Center yesterday and later succumbed to her injuries at a nearby hospital, the San Diego Union-Tribune reports. The victim was attempting to secure a spot in line outside the Convention Center for Thursday's Comic-Con panel featuring the cast and filmmakers of "The Twilight Saga: Breaking Dawn — Part 2." The victim was reportedly hurrying to maintain her place in line for the opening of the convention, and had been in line with friends since Sunday.

Serious pay day ahead for Johansson

Scarlett Johansson is going to make a mint for appearing in a planned sequel to "The Avengers," reprising her role as Black Widow. The actress has reportedly been offered $20 million for the film, according to the Sun. Co-star **Robert Downey Jr.** reportedly made $50 million for the first "Avengers" film.

Kristen Wiig talks love after 'SNL'

Kristen Wiig is enjoying her budding romance with Strokes drummer **Fabrizio Moretti** — who used to date Wiig pal **Drew Barrymore** — but that doesn't mean she's comfortable talking about it. "I am shyer than most people think," Wiig tells Marie Claire. "I will say that I'm happier than I've been and I feel very lucky right now." As for her departure from "Saturday Night Live" after seven seasons, Wiig says that was always the plan. "I know a lot of people probably assume, 'Oh, she's leaving because she is going to be doing movies now and things like that,' which I will be," she says. "But I just always knew it was going to be seven and that was it. I think maybe if I were 22, I could see myself staying a little bit, but it just felt like the right time."

Who's a good Brit Brit?

A nasty storm caused the power to go out during the "X Factor" auditions in Greensboro, N.C., yesterday, reports TMZ. Producers suspended the show, while **Britney Spears** hid in her dressing room because she was afraid of the thunder. We're realizing this a few years too late, but Britney makes a ton more sense as a Yorkiepoo. If only we had a bag of Beggin' Strips back in 2007.

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We're hesitant to call it puppy love

1 If your vacation photos had Shaq and/or the "Despicable Me" minions in them, we might pretend to care a little more. The basketball star spent Monday at Universal Orlando Resort.

2 Lance Bass was raising money for charity Monday in L.A. — at least that was his excuse.

3 Colin Farrell looks about as psyched for "Total Recall" press conferences as we do during the remake's previews.

4 Keira Knightley and Mark Ruffalo were spotted filming "Can A Song Save Your Life" in New York on Monday.

5 Vanessa Paradis made her first public appearance in Paris yesterday after her high-profile split with Johnny Depp — and we think she may have taken some souvenirs from her ex's well-stocked jewelry box.

1:GETTY IMAGES
2: VALERIE MACON/GETTY IMAGES
3: KRISTY SPARROW/GETTY IMAGES
4: ABY BAKER/GETTY IMAGES
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This summer, alternate your skimpy bikini with an adorable — not to mention flattering — pinup-inspired suit ▶ Styles from the '50s and '60s are making a comeback

1

2

Get the look

- **1.** ASOS Animal Hibiscus Print Skinny Twist bandeau, $27; high-waisted bikini bottom, $23, www.asos.com
- **2.** Topshop space-print bikini, $64, www.topshop.com
- **3.** Giejo Butterfly bandeau, $112; Mixed Boys brief, $98, www.shopgiejo.com
- **4.** Zimmermann Savannah floral-print strapless swimsuit, $330, www.netaporter.com
- **5.** Zinke Starboard bustier, $105; Starboard brief, $93, www.zinkeintimates.com
- **6.** Norma Kamali Halter Bill, $98, www.kamalikulture.com

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Let's all go to the movies

Two of this summer's blockbuster releases get the video game treatment, with somewhat mixed results

Princess Merida fails to impress in her gaming debut: "Brave: The Video Game."

Video games based on movies mix like Ayn Rand and a Peace Corps volunteer. In short, they don't. Most of them are mindless cash grabs designed to trick clueless parents into buying them as gifts. Still, they keep coming, year after year like a sad sequel nobody wants. Let's give some of this summer's a spin.

"Brave: The Video Game"
System: 360/PS3/Wii
Publisher: Disney Interactive
Rating: ❶❷❸❹❺
Pixar has ruled the CGI roost ever since the original "Toy Story" graced cinema screens in fall of 1995. The company continues to rake it in with beautifully designed and unusually nuanced ("Cars" withstanding) animated features. Now they are back with another one, and we have the related cash-in video game to prove it.

"Brave: The Video Game" is about as boring as games based on movies usually are. The gameplay is your standard 3-D action platformer. You spend most of your time wandering around the Scottish countryside, smashing boxes and collecting coins. The biggest shame, being that this is a Pixar property, is the graphics. They look like they are running on the hottest graphics engine of 2002. Oh well, Billy Connolly's voice is still cool.

"The Amazing Spider-Man"
System: 360/PS3
Publisher: Activision
Rating: ❶❷❸❹❺
While the last Spider-Man movie came out more than five years ago, your favorite webslinger has been keeping busy in video games. He's like a costumed John Madden, pumping out sequels on the regular. Most of these games have been serviceable, but none have reached the glorious heights of Batman's Arkham titles. Activision is trying again now that there's a new Spider-Man movie out. Is it Arkham City or, gulp, Superman 64?

Don't worry webheads, it's good. The fighting mechanic, the graphics and the story are all top-notch. You have the whole of New York City to swing around in. This leads us to the game's only glaring fault, the swinging. It's a one-button affair that is neither challenging or fluid.

Sidescroller

LAWRENCE BONK
LAWRENCE.BONK@METRO.US

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'Part' of this world

As Katy Perry's 'Part of Me' hits cinemas, we look at other tween music biopics Yes, they're ridiculous, but there's something worthwhile in each

This weekend, pop queen Katy Perry gets the documentary treatment in "Katy Perry: Part of Me." Although more suggestive than her Disney Channel counterparts (The Jonas Brothers, Miley Cyrus/Hannah Montana) or Justin Bieber, Perry joins the ranks of musicians popular with tweens and teens to be sanctified on the silver screen through a biopic/documentary. Earplugs in place, we take a look at these behind-the-scenes tales of a pop sensation's life on the road.

KILLIAN YOUNG
letters@metro.us

The film	Most ridiculous part	Part where it's easier to get into the movie	Song that's just as good or better than the original	Part where the artist seems most human	Notable quotable
"Hannah Montana & Miley Cyrus: Best of Both Worlds Concert Tour" (2008)	A father with two daughters wears a platinum Hannah Montana wig and says, "I didn't expect so much screaming." A 14-second screaming montage follows.	The dance routines of renowned choreographer Kenny Ortega are juxtaposed between practices and live renditions as Ortega works behind-the-scenes in the studio with Cyrus and the band to nail the theatrics of the concert.	Miley Cyrus (as herself) performs "The Best of Both Worlds" — the theme to her TV show — along with her alter ego, Hannah Montana, who is digitally rendered on a large screen. It's surprisingly moving.	When Miley Cyrus is dropped during a stunt at one of the shows and voices her concern later in practice, the viewer realizes that at the start of her "Best of Both Worlds Tour," Cyrus was only a 14-year-old girl on a 54-city tour of the United States.	"What Miley writes about is what is real to her, and what she lives. And when you hear the things that she writes, you hear the honesty of Miley's heart." — Billy Ray Cyrus
"Jonas Brothers: The 3D Concert Experience" (2009)	In the opening scene, the band's van gets stuck in traffic on the way to the "Today" show in New York City. Within seconds, the JoBros are mobbed by a mass of screaming teenage girls.	Taylor Swift joins the Brothers on stage at Madison Square Garden to play some acoustic pop with a country twang in "Should've Said No."	During "That's Just the Way We Roll," the first live song in the film, the band is aided by an orchestra and some intense pyrotechnics in front of a glowstick-toting, sold-out crowd.	After bodyguard "Big Rob" Feggans wakes up the brothers at 4:30 a.m., they eat breakfast together in their hotel room. Joe Jonas starts to shake the table while yelling, Earthquake!" It initiates some good-natured ribbing among the three brothers.	"There are a lot of fans down there, in the back." — Joe Jonas, looking down with amazement at the crowd in Central Park for the Jonas Brothers' "Good Morning America" show.
"Justin Bieber: Never Say Never" (2011)	Bieber grew up playing drums, and in a home video (in which he wears his trademark backwards fitted hat), he throws down a sick beat.	As Etta James' "At Last" plays in the background, Justin Bieber demonstrates his signature hair flip in slow motion. Snoop Dogg recommends that Bieber get pigtails like him to win over all the ladies.	When he performs "One Less Lonely Girl," Bieber's staff brings one girl from the crowd onstage. Once in front of the crowd, the Biebs serenades the girl while gently caressing her. At the end, he gives her a bouquet of flowers. Aww.	Home footage seems to serve as the harbinger of Bieber's musical career — as a toddler he effortlessly lays down a beat on a conga drum and strums a guitar that is much too large for his tiny frame.	"Every label said, 'There's no platform for him. You need Nickelodeon or Disney. You need the machine.'" — Scooter Braun, Justin Bieber's manager
"Katy Perry: Part of Me" (2012)	Katy Perry's older sister makes an appearance as Perry's nerdy alter ego, "Kathy Beth Terry" —complete with headgear and braces — from the video for "Last Friday Night (T.G.I.F.)."	One of the funnier scenes shows Katy Perry visiting her elderly grandmother, Ann Hudson. Hudson, who refers to Perry in her younger days as a "show-off," is loath to say anything positive about Perry as a musician.	Katy Perry runs through numerous costume changes throughout a performance of "Hot N Cold." This occurs on a colorful, Candy Land-esque stage that might give you a cavity just by looking at it.	Perry struggles with the decision to perform or cancel a gig in front of her largest crowd in Brazil while in the midst of a breakdown due to her divorce.	"I feel a real connection to fairy tales, and I think, in some ways, I live in a fairy tale." KATY PERRY

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Get to Know ... Paloma Garcia-Lee

The ballerina, who joined 'Phantom of the Opera' when she was just 17, takes us through some of her favorite things Her dream date, plus the allure of the McDonald's Mocha Frappe

Meet Paloma Garcia-Lee, the youngest ballerina to ever take the stage in Andrew Lloyd Webber's phenomenon, "The Phantom of the Opera." Garcia-Lee joined the cast at just 17 years old, taking the stage in New York City after touring nationally in the role of Meg Giry. As the longest-running show on Broadway, with almost 25 years under its belt, this run of "Phantom" is actually older than she is now at 21! We asked Garcia-Lee the 10 questions we ask every up-and-comer so you can get to know her a little bit better.

MATT MURPHY, MURPHYMADE PHOTOGRAPHY

Garcia-Lee's least favorite word? "It is a tie between damp and moist — ew."

Best piece of advice you've ever been given?
It's a quote: "Let your light shine. Be a source of strength and courage. Share your wisdom. Radiate love." — Wilfred Peterson

Favorite dish to cook for yourself when you're not in a rush?
I am really trying to learn how to cook. I would love someday to answer this question with something like "ginger poached salmon with a side of truffle asparagus and rosemary potatoes."

What's your most prized possession?
Is a dog a possession? If so, then my dog. He is the sweetest in the whole world!

Did you have posters of famous people on your wall growing up? If so, who?
I was and still am a huge ballet fan and had posters all over my walls — Paloma Herrera, Angel Corella, Julie Kent, Alessandra Ferri.

Favorite song ever?
If I only had to listen to one song for the rest of eternity, it would be "Day Dreaming" by Aretha Franklin.

Favorite word?
Favorite word: Yum. And I use it incorrectly in sentences all the time: "That's so yum!"

Best or worst date?
The best date would be a trip to the park, then grab a bite to eat in a delicious hole-in-the-wall place, then grab a cocktail at one of my favorite speakeasy-style bars. If you have the right company, any date becomes the best date.

What reality show do you secretly want to be cast on?
I have a love/hate relationship with "So You Think You Can Dance." Even though I'm a professional dancer, there is something that makes me completely jealous when I see an amazing number on there choreographed by Mia Michaels. I just want to be up there dancing my heart out.

If you had to pick one fast-food chain to eat at for the rest of your life, which one would it be?
Sometimes, I just have to get a Southern-style chicken sandwich from McDonald's and a Mocha Frappe. I know, I know. But c'mon — it's delicious.

Now that you've been interviewed a bunch, who would you want to interview?
The president. I want to know all the secrets and then I want to tell everyone about all the secrets. So I will probably never conduct my dream interview.

T. MICHELLE MURPHY
tmichelle.murphy@metro.us

TV watch list

'Damages'

DRAMA. The final season begins with bulldog lawyer Patty Hewes (Glenn Close) and protege Ellen Parsons (Rose Byrne) facing off in the trial of a WikiLeaks-like website's head troublemaker (Ryan Phillippe). **Season premiere, 9 p.m., DirecTV**

'The Franchise'

REALITY. It's endlessly intrigued to watch professional athletes we've elevated to superhuman status in candid situations. This season the cameras follow the Miami Marlins. **Season premiere, 10 p.m., Showtime**

'Hit & Miss'

DRAMA. A transsexual contract killer (Chloe Sevigny) is left custody of a dead ex-girlfriend's four children, who live on a farm in Ire-land. So it's the complete opposite of that cutesy "Raising Helen." **Series premiere, 10 p.m., DirecTV** AMBER RAY

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Stay safe from ticks this summer

Not everyone gets the bulls-eye rash signaling Lyme disease, expert warns ◗ But don't worry, Lyme is treatable ◗ How to dress for your next jaunt outdoors

The Center for Disease Control names Lyme disease as America's fastest-growing infectious disease — and what's worse is that its figures are the tip of a very scary iceberg.

"For every one case that's reported, there are 10 that aren't," says New York-based Dr. Claudia Cooke, MD, FACP, MPH, a medical adviser for the Tick-Borne Disease Alliance. "It's a disease that's vastly underreported."

That's because Lyme is a devious illness with symptoms that range from negligible to catastrophically debilitating. Those infected can feel like they have a mild flu or be incapacitated with extreme exhaustion and pain. "Most people are in the middle spectrum for symptoms," she says.

Treatment is generally by antibiotic therapy. If left untreated, or not treated successfully, the virus can exist in the body, eventually causing or exacerbating neurological or autoimmune diseases such as rheumatoid arthritis.

Quoted:

"For every one case that's reported, there are 10 that aren't. It's a disease that's vastly underreported."
DR. CLAUDIA COOKE

Don't rely on the trademark rash as an indicator of infection either. "Not everyone gets the bulls-eye rash from a tick bite," Dr. Cooke says. "Anyone who experiences unusual fatigue, muscle or joint aches or cognitive changes should see a Lyme-literate doctor. If you find a tick, or suspect you've been bitten, get screened as soon as you can."

Protect yourself

With a warm winter fueling tick populations in the Northeast, no nature lover can be too cautious. Here are the TBDA's tick bite prevention tips:

- **Don't walk in meadows or wooded areas with exposed skin.** Choose light-colored clothing to make it easier to spot ticks. Tuck your shirt into your pants and your pant legs into your socks. It looks dorky but keeps you safe.
- **Purchase tick-repellent clothing or spray your own clothing with repellent.** If you don't like synthetic insecticides, there are natural alternatives using essential oils or neem oil.
- **Shower and wash clothing as soon as you can.** Check for ticks while you are out. Do another check in the shower. Drying clothing at high heat for about 30 minutes kills the little bugs.
- **Don't forget about Fido.** Brush down pets immediately after walking. At home, use a flea comb to inspect further.

LINDA CLARKE
letters@metro.us

Keep your arms and legs covered next time you're out in the wilderness. All this guy needs is a hat and shades for added sun protection!

14122-U

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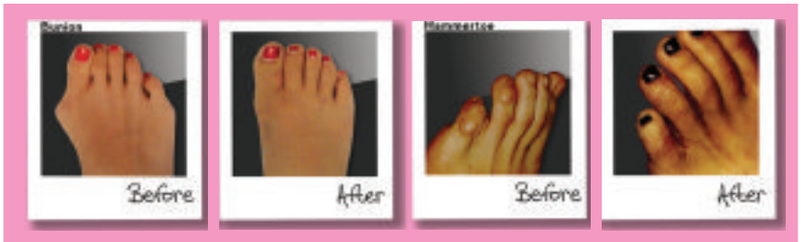

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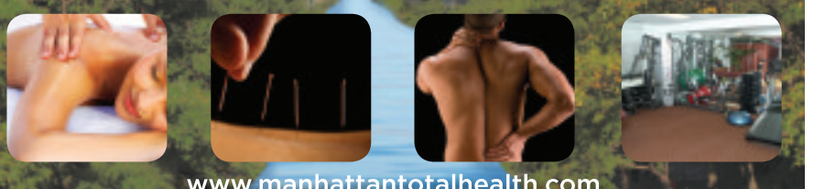

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Health notes

Get your (not just frozen) yogurt

We know fro-yo shops are sprouting up across the city, but one for regular yogurt? News to us. The just-opened Yogurt Culture Company's new shop (125 Park Ave., 212-867-7126) serves all-natural, plain, fresh yogurt, made just for the store, with all-natural milk from Hudson Valley and Pennsylvania farms. Choose traditional or Greek, whole or skim milk, and pick out toppings like fresh fruit, 100 percent all-natural fruit purees, natural granolas and nuts. You can also make your snack a smoothie or yogurt parfait. And if you can't kick the fro-yo habit just yet, they've got that in-stock, too (try the Greek Honey flavor).

PIXLAND

▶ The Yogurt Culture Company is ready to serve you.

THE YOGURT CULTURE COMPANY

Survey: Men fret weight, too

Ladies, you're not the only ones concerned about your size.

▶ **53 percent** of men think they worry just as much as women do about weight loss

▶ **87 percent** of men have felt "guilty" after eating a meal or snack, knowing it was bad for them

▶ **60 percent** of men would be glad if their partner/significant other were honest with them if they told them to lose weight

Source: Men's Health Magazine and Weight Watchers

Scary stat

Unemployed Americans are 10 percent more likely to have sleep problems than their employed counterparts.

Source: Consumer Reports

METRO/ME

Today in medicine

New summer danger at your grill

Study subjects: Various data
Location of study: U.S.
Results: People are inadvertently swallowing bristles from metal grill brushes, the Centers for Disease Control and Prevention says. The metal bristles have been found lodged in the digestive tracts of several people in recent years. Those patients went to ERs with stomach and other pains after eating grilled food.
Significance: Apart from the carcinogens created by grilling proteins, or the risk of burns and fire, here's another thing to watch out for when grilling!

Fast-food fears

Study subjects: Southeast Asia
Location of study: U.S.
Results: Eating fast food as little as once a week increases risk of dying by 20 percent. That's according to University of Minnesota and National University of Singapore researchers, who also found that people who eat fast food two to three times a week increase their risk of coronary heart disease by 50 percent. Eat fast food four times or more per week and the risk is increased 80 percent.
Significance: Studying population groups in Southeast Asia who are only recently adopting a fast-food diet allows researchers to look at the health changes in a population from the ground up.

Methadone: Lethal painkiller?

Study subjects: Various data
Location of study: U.S.
Results: The CDC reports that one in three fatal prescription painkiller overdoses is from methadone.
Significance: Methadone makes up just two percent of the total painkiller prescriptions in America.

LINDA CLARKE

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Juicing: Health or hype?

Juicing has taken the health world by storm, and millions of people are now gulping down pounds of produce by the glassful. A swarm of celebs have jumped on the juicy bandwagon, but does this thirst-quenching trend truly promote health? Like most Hollywood fads, these fashionable beverages have their pros and cons.

First, the benefits: Juicing is an easy way to shower your body with concentrated amounts of nutrient-packed vegetables and fruit (hello vitamins, minerals and antioxidants). Plus, these drinks are automatically low in ingredients you want to avoid, like toxic fats, added sugars and salt. For this, they receive an A+.

Now, the downsides: If you're considering a juice fast to drop pounds quickly, listen up. While strictly following a juicing program for more than a few days can promote a downward trend on the scale because you're slashing your collective daily calories, most plans leave gaping nutritional holes in your diet. The majority of the calories in these juice beverages come from carbs, including high amounts of natural sugar from fruits and some vegetables. That means almost all commercial juice plans are grossly inadequate in protein, a key nutrient that helps you feel full and energized while maintaining your lean muscle mass and boosting your metabolic burn. In fact, following a low-protein diet while simultaneously cutting calories causes you to lose a higher proportion of weight as muscle tissue (as opposed to fat), which puts the brakes on your metabolism and reduces strength. Plus, most of the fiber in fruits and vegetables is lost during juicing if the pulp is not added back to the drink. So you're basically following a high-carb, low-protein and low-fiber diet, which can cause dramatic spikes in blood sugar and lead to headaches, mood swings, dizziness and fatigue. Another major drawback: Liquid calories do not have the same fill power as whole, solid foods, which makes it hard to stick with a juice-only plan for longer than a few days without feeling irritable and completely ravenous.

And many health claims touted by commercial juice companies are just plain bogus. Juice cleanses are not needed to detox your system or remove toxins. Your body is fully equipped with everything it needs to do that on its own — if you focus on eating clean. Some companies also claim that juice cleanses help your body achieve a beneficial alkaline pH, but in reality, your body maintains a tightly regulated pH at all times, and there are no major human studies to substantiate the purported benefits of an alkaline diet.

Bottom line: If you want to try juicing, skip the full-on liquid diet and instead enjoy a green juice (heavy on veggies and lighter on fruit to keep calories and sugar in check) with or in place of one of your meals. This way, you reap the potent produce benefits and continue to get your fill of health-promoting whole foods.

*— For summer slim-down tips, follow **Joy Bauer** on Facebook and Twitter (@joybauer) and visit **www.joybauer.com.***

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

Joy's Healthy Bite

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PHOTODISC

▶ Bauer says skip the full-on juice diet and instead sip on a green juice to get the best health results.

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Letters

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Schools a part of the greed machine

Mr. Green has part of his letter correct, which is that minimum wage should be raised due to the rising cost of living. Yet I disagree with his opinion that people do not want to further their education. How about looking at the way the institutions of higher learning are actually discouraging people from getting better educations? It's the greed factor that nitpicks the qualifications for loans and grants, not to mention the constant elevation in tuition that is a huge disappointment for most. Now I wonder if Mr. Green knows how many people there are who have degrees in higher education and can't find a job in their relevant fields. The number is staggering. So if the machines are coming to take our jobs, they will do so because it was already in the works when greedy companies want to save money here and there at the cost of someone's job. **JONATHAN PERRY, VIA E-MAIL**

Wealthy presidents weren't always so

The letter from Mike Sepa that was printed in yesterday's Metro was interesting to read, but left me incredulous. I have done some research, and many of the wealthy presidents of the U.S. were so because of either inheritance or marriage. That doesn't say much. Herbert Hoover was wealthy due to his business acumen, which didn't seem to help him when the Great Depression hit. What we need is not someone who is a wealthy business person, but someone who is willing to make the decisions that will lead to the prosperity that our country is capable of. It is easy to become a millionaire during the good times — but how does the millionaire do during the bad times? Many of the wealthy presidents eventually lost their wealth. **JIM LOU, VIA E-MAIL**

Clinton and Dems sew seeds of failure

While the Bush administration is not blameless, some people fail to remember that the seeds for the current financial crisis were sown in the late 1990s by the Democrats and the Clinton administration. They deregulated the banks and then basically forced them, through government-funded groups like Acorn, to give suspect loans to people who could not really afford them. As for Mr. Connell's question as to why President Obama hasn't fixed everything, the answer is much simpler than the one he published yesterday: The man has no clue, and he has surrounded himself with people who are even more clueless. Also, his "I'm right and you're an idiot" attitude simply doesn't work. Many blame the Republicans for blocking everything Obama proposes; that's partially true. Maybe if the president acted like a true leader — instead of proposing tired idea after tired idea and saying that's the way it has to be — then others would be more willing to listen to and work with him. **RAYMOND COLLINS, VIA E-MAIL**

E-mail your letters: letters@metro.us

Keep them as brief as possible, preferably under 100 words.
Metro reserves the right to edit all letters.
Please include your name and contact information.

Horoscope

♊ Gemini **May 21-June 20.** An opportunity from an unsuspected source is likely to present itself, and it could help you fulfill an ambitious desire. However, it will be of a fleeting nature, so act fast.

♋ Cancer **June 21-July 22.** Someone who is separated from you by distance but not spirit is anxiously awaiting a word from you. If you've been harboring the same feelings, do what you can to touch base.

♌ Leo **July 23-Aug. 22.** Even if it takes a few tries, know that two important objectives can be achieved if you go after them. They are interrelated, so your efforts will bring them together simultaneously.

♍ Virgo **Aug. 23-Sept. 22.** A couple of people you've helped in the past will be supportive of your interests if and when you require assistance. Don't be reluctant to let your needs be known.

♎ Libra **Sept. 23-Oct. 23.** Conditions are a bit unusual and somewhat mysterious where your work or career is concerned. You'll be helped rather than hindered, even when you don't ask for assistance.

♏ Scorpio **Oct. 24-Nov. 22.** Someone you find to be appealing has also been rather intrigued by you. This fact might finally become known to both of you through a tantalizing set of circumstances.

♐ Sagittarius **Nov. 23-Dec. 21.** If you choose to use them, you have the time and ability to complete a lot of little things you've left half-finished recently. Be smart and tie up all those loose ends.

♑ Capricorn **Dec. 22-Jan. 19.** You're in an extremely creative cycle at this point in time, and your ideas could have much greater value than you attach to them. It would be wise to discuss your concepts with others.

♒ Aquarius **Jan. 20-Feb. 19.** It looks like your financial prospects are outstanding. It's one of those times when you might want to focus on making extra money.

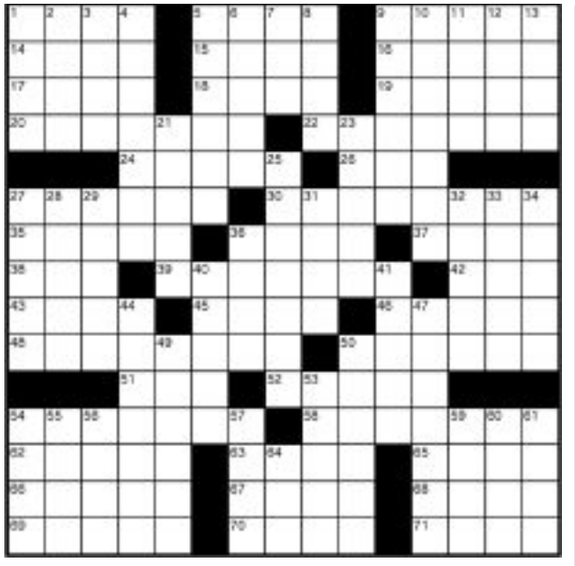
♓ Pisces **Feb. 20-March 20.** If you want to have more clout with your peers, you only have to assert yourself. You have excellent leadership qualities at present.

♈ Aries **March 21-April 19.** Someone whom you've gone out of your way to help in the past has been looking for a way to reciprocate, and he or she just might find out a way to do so. You deserve it.

♉ Taurus **April 20-May 20.** Don't give up on your hopes and expectations, because they have excellent possibilities for being gratified. What you desire will be placed at your fingertips. **BERNICE BEDE OSOL**

Across
1 Humdrum
5 Traffic sign
9 Porcupine spine
14 Bus route
15 Dishonest one
16 Pop a top
17 Is, in Avila
18 The skinny
19 In the thick of
20 Dispensing with
22 House extension
24 Outer limits
26 Rockies, e.g.
27 Bathrobe ties
30 Feline sensors
35 Bauxite giant
36 Cager's offense
37 Stretch across
38 One of us
39 Hit the trail
42 LI doubled
43 Den piece
45 War deity
46 Perch
48 Not perpendicular (2 wds.)
50 Viennese desserts
51 Stovetop item
52 Triangular sign
54 Dates
58 Bullet size
62 Mislead
63 Slapstick missiles
65 Orchid-lover Wolfe
66 Cattle ID
67 Whodunit game
68 On the summit
69 Took care of (2 wds.)
70 Source of the Rhone
71 -- -majeste

Down
1 Spouted, as a whale
2 Bart's sister
3 Debate side
4 Dismissal (hyph.)
5 Gin cocktails
6 Hint of color
7 Klutz
8 B.C. or N.S.
9 Motor oil amounts
10 Reveals
11 Desktop symbol
12 Dock
13 Links org.
21 Think-tank output
23 Rousseau novel
25 Had great faith in (2 wds.)
27 Right to decide (hyph.)
28 Cool in manner
29 Mark up, as shoes
31 Shacks
32 Orlando attraction
33 Pay hike
34 Fits of pique
36 Old MacDonald's place
40 Jeer at
41 Comical
44 Designate
47 Sort of number
49 Rio Grande town
50 Ribs
53 Get slippery (2 wds.)
54 Wanes
55 Inoculants
56 Dog nail
57 Humane org.
59 -- noire
60 Psyche's suitor
61 Heavy gold chain
64 Under par



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			6	8			2	3
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9	5		2					6

SUDOKU **LEVEL: EASY**

5	9		2		4			
7			1			6		5
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	1	7	4		8	9		
							2	
1		5			3			6
			7		1		5	8

SUDOKU **LEVEL: HARD**

Solution to Tuesday's crossword

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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GRADING THE YANKS

The aptly titled Bronx Bombers are at the halfway point ◗ Jeter, Cano have carried the offense ◗ A-Rod's average, Martin has been a major hole ◗ Metro grades the team so far

At 52-33, the Yankees take the best record in baseball into the All-Star break.

Bad news has surrounded the Yankees all season in the form of a season-ending injury to newly acquired starting pitcher Michael Pineda, the constant setbacks from an injured elbow to outfielder Brett Gardner, the month reliever David Robertson missed and of course absence of the greatest closer of all-time, Mariano Rivera, to a knee injury.

Nonetheless, the Yankees have resided in first place since June 12. Despite constant struggles hitting with runners in scoring position, the Yankees are first in the majors home runs and slugging percentage. Metro breaks down the team:

LARRY FLEISHER
sports@metro.us

A **Derek Jeter:** A year ago at the break, Jeter was a .270 hitter. But he hit .327 after the break and has been over .300 all but four days in 2012. It's hard to nitpick when Jeter is one of two regular shortstops in baseball hitting above .300.

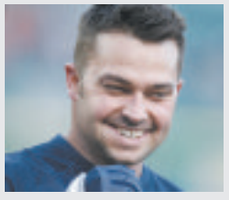
B **Curtis Granderson:** Granderson often insists he's not a power hitter, but the stats show otherwise. His 23 home runs are tied with Edwin Encarnacion for third in the AL. On the downside, he has struck out 99 times.

B **Mark Teixeira:** A bronchial ailment limited Teixeira's production through the first six weeks and even briefly dropped him to seventh in the lineup. But Teixeira is hitting .320 over his last seven games and heated up in late May.

C **Alex Rodriguez:** Two years ago, Rodriguez had the same batting average at the break and one more home run. Rodriguez will turn 37 on July 27 and has yet to really crush the ball like he vowed in late-May.

A **Robinson Cano:** He's been putting on a home run clinic in games since the end of May. Sixteen of Cano's home runs have been since May 22, including 11 in June. Cano has been the team's best hitter.

B **Nick Swisher:** Swisher is a free agent after this season and has alternated months in terms of production. One noticeable decrease though is on-base percentage, which is currently .336 — 40 points below 2012.



B– **Raul Ibanez:** Left field was supposed to belong to Brett Gardner, but it's been a platoon of Ibanez and Andruw Jones instead. Ibanez is hitting .240 in 70 games and has 11 home runs all against righties.

B– **Andruw Jones:** He gets the same grade as Ibanez, as they have put up essentially the same numbers. Jones is batting .244 in 49 games and also has 11 home runs. He gets a slight bump for crushing Boston.

D+ **Russell Martin:** Martin remains highly regarded defensively, but his bat is the worst among AL regular catchers. Approaching his .237 batting average from last year could be a major challenge.

Rotation

We're giving Andy Pettitte an "incomplete," so let's grade the rest of the rotation:

- **CC Sabathia: A-** He's been everything the Yankees could have asked for when they re-signed him after last year.
- **Hiroki Kuroda: B** He was inconsistent in April and May, but put it together in June by going 4-1 with a 1.98 ERA in six starts.
- **Ivan Nova: B+** Since May he has lowered his ERA by nearly two runs — down to 3.92 — and in June won three straight starts.
- **Phil Hughes: B** In his last 13 starts he's 8-4 with a 3.66 ERA. He was especially sharp in June, going 4-1 with a 2.67 ERA.

Bullpen

When you lose the best relief pitcher of all-time, you'd expect there to be more growing pains than there actually have been:

- **Rafael Soriano: A** We start with the man who has filled in quite admirably for Mariano Rivera. So far, he has converted 20-of-21 saves with a 1.52 ERA and 26 strikeouts in save situations.
- **David Robertson: B** Setting up he gets an A, while closing he gets about a C. He's in the right role now.
- **Cody Eppley: A-** For a guy no one had heard of going into the season he has certainly had a tremendous impact. He has a 2.70 in 23 1/3 innings pitched.
- **Boone Logan: C-** The Yankees' lefty specialist has been merely average. Two lefties have homers off him after four in the last three years combined.
- **Clay Rapada: B** Rapada has a .150 batting average against for lefty hitters.

In the news

GM Cashman: Mr. October wasn't banned

One day after the news of Reggie Jackson being banned indefinitely from contact with the Yankees, general manager Brian Cashman said the Hall of Famer, who serves a special advisor for the team, could be back by Friday. Jackson made negative comments about Alex Rodriguez's steroid use in this month's Sports Illustrated, supposedly angering the team.

METRO

In the news

Smith re-signs

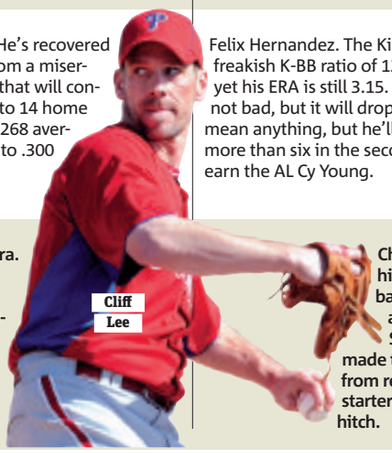
The Knicks brought back their best perimeter shooter yesterday as was expected.

One day after locking up former Knick Marcus Camby to a three-year deal after a sign-and-trade, they signed Smith to a two-year, $5.6 million contract.

Smith will likely replaces Landy Fields, who signed an offer sheet with Toronto last week, in the starting lineup.

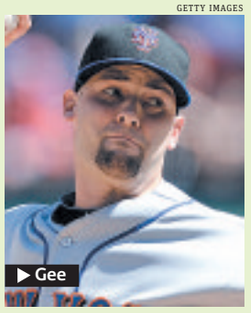
The editors' second-half roundtable

	Which team has been most disappointing in first 82 games?	Which hitter will have the best second half?	Which pitcher will have the best second half?	Which team is poised for a breakout second half and playoff run?
Mike Greger **Metro Philadelphia** **(revised predictions)** **NL East:** Braves **NL Central:** Reds **NL West:** Giants	Philadelphia. We knew they had holes in the lineup that were going to make winning 102 games again impossible. But they'd get by with their aces. Nope. The starters have been average, bullpen atrocious. The result is last place. No one, not even Nostradamus, saw this coming.	We took Joey Votto in our preseason picks and he's been solid. We're going to stick with Votto (.348, 14 HRs, 48 RBIs) since we believe his power numbers will rise.	Cliff Lee. No, we're not taking hallucinogens. The confident lefty has been the victim of some bad breaks and some mental anguish, but he is too good to be 1-5 at the break. Remember, Lee was 5-0 with a 0.45 ERA last August.	Atlanta. We were tempted to pick the Phillies, but they've shown us nothing. Frankly, we don't trust those young Nationals to win the East. We're banking on one last run from the Braves in what could be Chipper Jones' farewell tour.
Mark Osborne **Metro New York** **AL East:** Yankees **AL Central:** Tigers **AL West:** Rangers	Detroit. I'm still picking them to win a mediocre AL Central, but it should not have been close. They're just two games over .500 with Prince Fielder and Miguel Cabrera in the middle of their lineup and Justin Verlander as their ace. That doesn't compute.	Albert Pujols. He's recovered — slowly — from a miserable start and that will continue. He's up to 14 home runs and that .268 average will be up to .300 by September.	Felix Hernandez. The King has a freakish K-BB ratio of 128-to-35 and yet his ERA is still 3.15. No, that's not bad, but it will drop. Wins don't mean anything, but he'll stack up more than six in the second half and earn the AL Cy Young.	Tampa Bay. I already said the Tigers would, but the Rays will definitely be in the playoff hunt by year's end too. They are 7 1/2 back of the Yankees, and that will come down, but their better opportunity still will be to take one of the wild cards.
Matt Burke **Metro Boston** **AL wild cards:** Rays, White Sox **NL wild cards:** Nationals, Dodgers	Boston. One would have thought a team with a top 5 MLB payroll ($146,371,619) that was coming off the worst collapse in baseball history would want to right a few wrongs. But Josh Beckett, Jon Lester and Clay Buchholz have been shockingly below-average in 2012.	Miguel Cabrera. I'll stick with Cabrera, who was overshadowed by Josh Hamilton and his unbelievable May.	Chris Sale. Call him the anti-Joba Chamberlain as the White Sox lefty has made the switch from reliever to starter without a hitch.	Detroit. The Tigers have just a 44-42 record but are only 1.5 games out of the AL wild-card standings. Expect their recent hot streak, an MLB-best five wins in a row before the break, to continue in the second half. Look for Alex Avilla and Jhonny Peralta to be better in the second half.



Mets' Gee in hospital with blood clot

GETTY IMAGES



Mets starter Dillon Gee checked into a hospital yesterday morning with numbness in his right hand and after undergoing tests it was determined he has a blood clot in his right, throwing shoulder.

Gee, 26, was in New York during the All-Star break when he checked into New York Presbyterian Hospital. Doctors used a catheter to break up the blood clot. He remains in the hospital under observation, but doctors said he will likely be released today.

"It's very shocking," manager Terry Collins said from the All-Star Game, where he is serving as a coach. "The one thing we said from the beginning is, 'We have to keep our rotation intact.' When we lost [Mike Pelfrey], we were fortunate that we had Chris Young coming. But this is a big piece, because Dillon Gee was pitching good, really good. We've got a big hole to fill right now."

The Mets wasted no time in immediately placing Gee on the 15-day disabled list, but it is unknown as of now when the pitcher will be able to return to the mound.

Gee had settled nicely into the No. 4 spot in the rotation this season posting a 6-7 record with a 4.10 ERA and 91 strikeouts in 109 2/3 innings pitched. He's made 17 starts and was on pace to well exceed his career highs of 27 starts and 160 2/3 innings both set last season.

As for who will fill that hole, the Mets have said Miguel Batista will in the short term. The Mets said they would not bring up prospect Matt Harvey, at least for the time being. Harvey, 23, is the No. 2 prospect in the organization, according to Baseball America. He is 7-4 with a 3.39 ERA in Triple-A Buffalo. MARK OSBORNE

54
Matt Harvey, a first-round pick out of North Carolina two years ago, is ranked as the No. 54 prospect in the minors by Baseball America.

41
Miguel Batista is 41 years old. The Mets are his 10th career team, and he's never been on any one team for more than four seasons.

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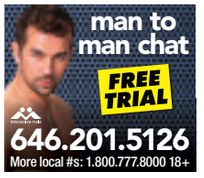

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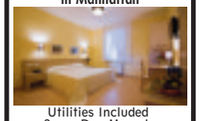

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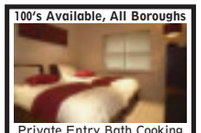

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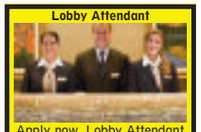

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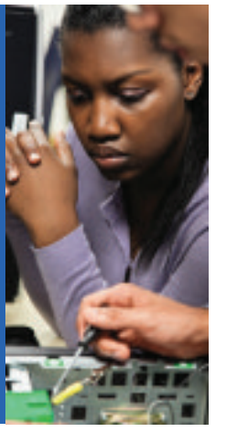

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Market watch

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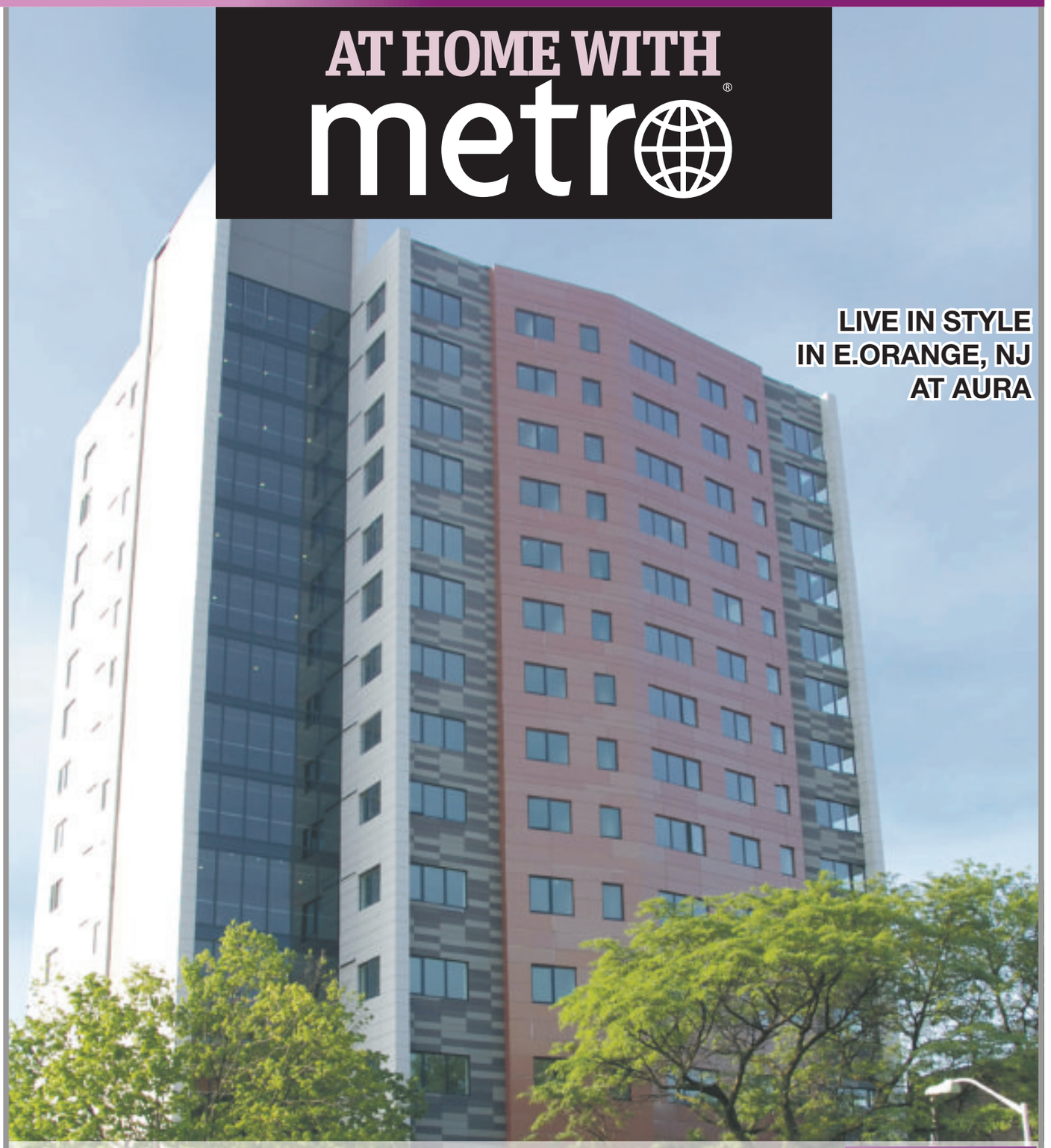
The cheapest apartment to hit the market this week is a three-bedroom co-op at 108 W. 114th St. This renovated unit, with income restrictions for potential buyers, is listed by Perry Associates for $150,000.

PRICIEST
$38M
19 E. 70th St.
The most expensive property listed this week is a full-floor condo at 50 Central Park South. This is a 4,536-square-foot condo, above the Ritz Carlton Hotel, listed by Sotheby's for $50,000,000.

STREETEASY

StreetEasy.com *is a New York-based real estate information portal that aggregates the most comprehensive set of sale and rental listings along with other useful info.*



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3. No sunshine? It's OK, you have these guys. **Oversized metal lanterns, $25-$40,** www.homegoods.com
4. No garden? Surround yourself with these flowers. **Crate and Barrel Fiona 20" outdoor pillow, $30,** www.crateandbarrel.com
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The rise of the $20 million-plus listing

Between the lion-head door-knocker, ornate stone fireplaces and pastel-colored parlor, the mansion at 973 Fifth Avenue looks like something out of an Edith Wharton novel.

But its $42 million price is decidedly contemporary.

The deal is the latest in a string of eye-popping sales in the last quarter that, some brokers say, has prompted sellers at the high end to test their luck with listings priced above $20 million — whether the properties are worth it or not.

"There is a marked increase in the number of $20 million-plus listings, but it seems that many lack the appropriate 'trophy property' status necessary to justify the price tag," said Mickey Conlon, a senior vice president at the brokerage Core. "It appears as if many owners who don't necessarily need to sell are recklessly trying their luck. Would it be unfair to call it Russian roulette?"

"More first-time buyers moved into the housing market seeking relief from rising rents and taking advantage of falling mortgage rates." JONATHAN MILLER

This phenomenon is surfacing even as year-over-year NYC home sales have remained flat, and entry-level apartments have gained a greater share of the market, according to the latest figures from Prudential Douglas Elliman.

In the second quarter of 2012, there were 2,647 sales of Manhattan condos and co-ops — a 14.5 percent increase over the previous quarter, but unchanged from the same period last year. The median price dropped 2.5 percent, to $829,000, from the second quarter of 2011.

Appraiser Jonathan Miller of Miller Samuel, who prepared the Elliman report, attributed the drop in prices to the high volume of entry-level units and co-ops — which tend to fetch lower prices than condos — that sold in the last three months.

"More first-time buyers moved into the housing market seeking relief from rising rents and taking advantage of falling mortgage rates," Miller said.

At the high end, the flurry of headlines devoted to mega-deals, combined with the perception of money pouring into the Manhattan housing market from overseas, has given some

High-end sellers push for unrealistic prices, chasing record sales More first-time buyers entered the market

sellers an even greater sense of confidence.

"Sellers and their agents are recognizing this demand [for high-end residences] and are aggressively targeting numbers previously unseen in the market," said Corcoran Sunshine Marketing Group's Loretta Shanahan-Bradbury, the director of sales at Manhattan House. **LEIGH KAMPING-CARDER**

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THE REAL DEAL

Housing news

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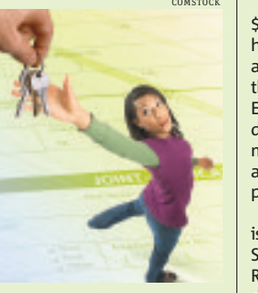


Rents rise at highest rate since 2007

Renting an apartment in the U.S. became even more expensive during the second quarter, as vacancies set a new 10-year low and rents rose at a pace not seen since before the financial crisis, according to real estate research firm Reis Inc.

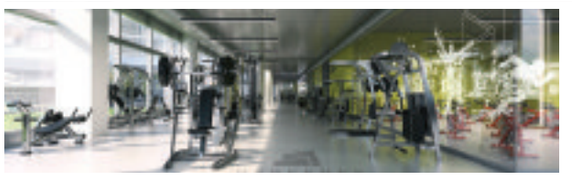
The average U.S. vacancy rate of 4.7 percent was the lowest since the fourth quarter of 2001, down 0.2 percentage points from the prior quarter, according to preliminary data Reis released on Thursday.

Asking rents jumped to $1,091 per month, 1 percent higher than the first quarter and the biggest increase since the third quarter of 2007. Excluding special perks designed to lure tenants, like months of free rent, the average effective rent rose 1.3 percent to $1,041.

"The improvement in rents is pretty pervasive," said Ryan Severino, Senior Economist at Reis. "Even in places like Providence and Knoxville, which you don't think of as hotbeds, landlords felt the market was strong enough to raise rents."

Those two cities, in Rhode Island and Tennessee, respectively, posted rent increases of 0.7 percent, the smallest quarterly rise of the 82 areas tracked by Reis. No area posted a decline. On an annual basis, effective rents rose by at least 2.2 percent nationwide.

Severino characterized increase in rental prices last quarter as "pretty amazing." **REUTERS**



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